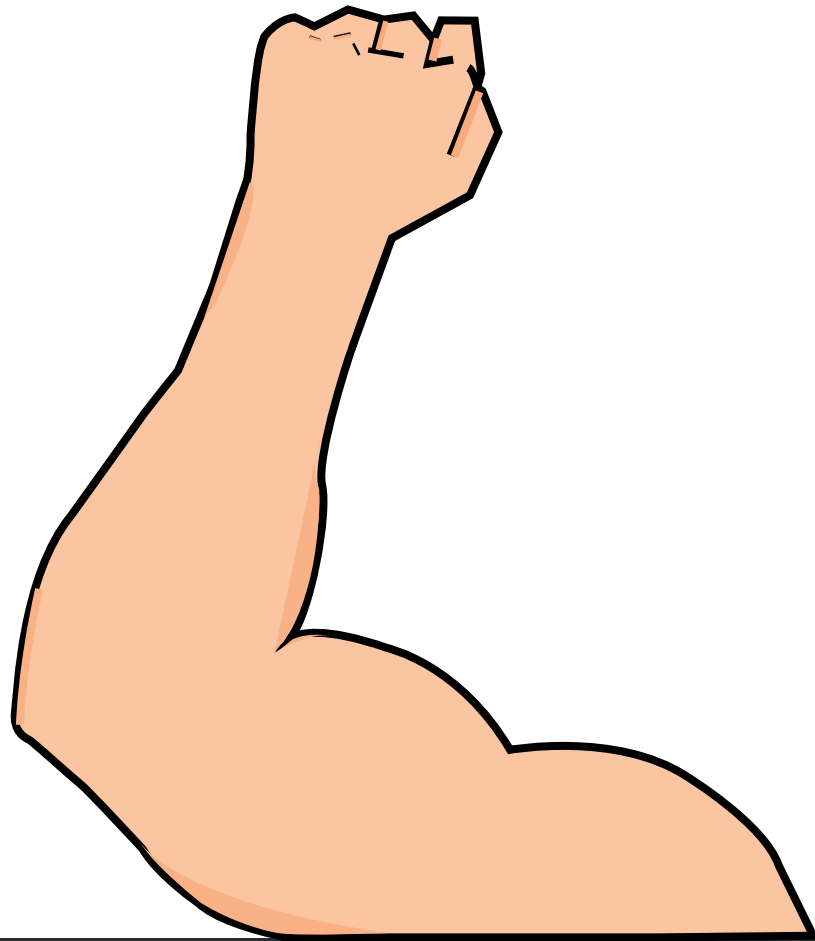


# INDIVIDUALISING YOUR NUTRITION



**1**

## ESTABLISH ROOT CAUSE

Functional Diagnostic Testing is the best way to establish deficiencies and underlying issues preventing you from being at your best.

# 2

## ADDRESS COMMON DEFICIENCIES

Usually we look at what to take out of our diet, the first place to start is what needs to be put back in?

Address the Most Common First:  
Protein, Omega 3's, H2O, Vitamins and Minerals.

PROTEIN



H2O



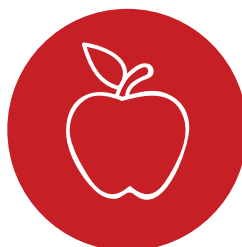
VITAL GREENS



FISH OIL



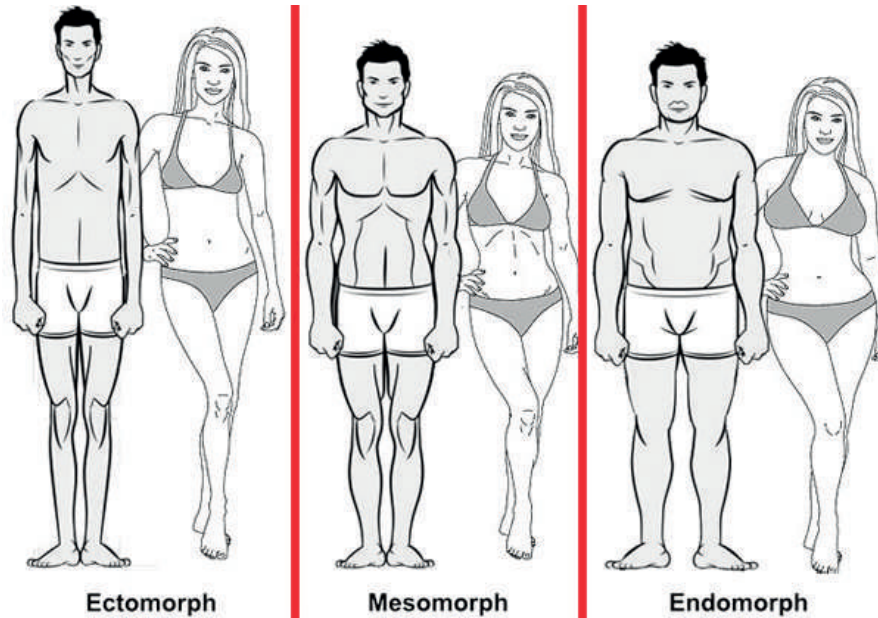
FRUIT  
& VEG



# 3

# EATING FOR YOUR BODY TYPE AND HORMONE PROFILE

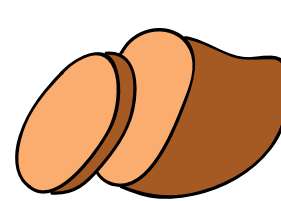
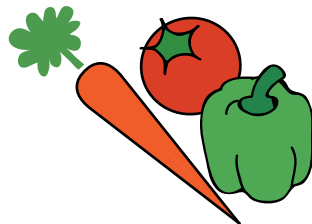
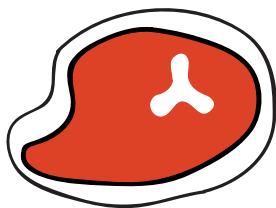
The following guide is based on 3-4 meals a day.



## ECTOMORPH

Have a “fast metabolism” and tolerate carbs well.

**Macro Breakdown: Fat 20%, Protein 25%, Carbs 55%.**



1 palm of protein dense foods

1 fist of vegetables

2 cupped handfuls of carb dense foods

0.5 thumb of fat dense foods



2 palm of protein dense foods

2 fists of vegetables

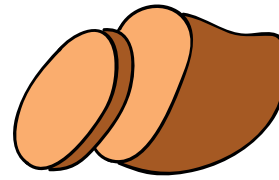
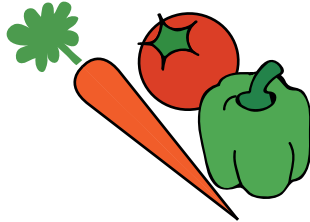
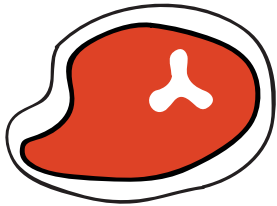
3 cupped handfuls of carb dense foods

1 thumb of fat dense foods

## MESOMORPH

Athletic frame, higher levels of testosterone and growth hormone making it easier for them to put on muscle and keep body fat down.

**Macro Breakdown: Fat 30%, Protein 30%, Carbs 40%.**



1 palm of protein dense foods

1 fist of vegetables

1 cupped handfuls of carb dense foods

1 thumb of fat dense foods



2 palms of protein dense foods

2 fists of vegetables

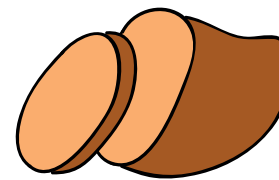
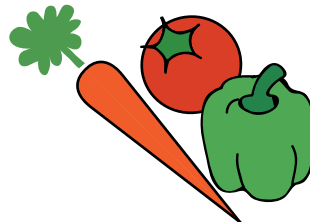
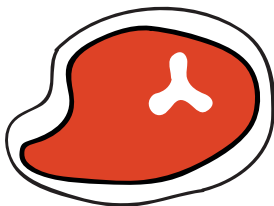
2 cupped handfuls of carb dense foods

2 thumbs of fat dense foods

## ENDOMORPH

Have a "slow metabolism", less athletic frame and struggle to metabolise carbohydrates well.

**Macro Breakdown: Fat 40%, Protein 35%, Carbs 25%.**



1 palm of protein dense foods

1 fist of vegetables

0.5 cupped handfuls of carb dense foods

2 thumbs of fat dense foods



2 palms of protein dense foods

2 fists of vegetables

1 cupped handfuls of carb dense foods

3 thumbs of fat dense foods

# 4

## NUTRITION TIMING

Everything should fall into place following the steps above, from here you can fine tune things with strategic nutrient timing.

# 5

## WHAT TO EAT AROUND TRAINING

Pre workout nutrition, is dependent on the time of day you train.



Immediately (within 30mins) post workout consume your post workout shake containing 30-40g of carbs and 1-2 hours later have a meal as outlined above with starchy carbs.



If it is a higher volume/intensity session consume more starchy carbs to your normal baseline meals.

Suggest to also take 15 Poliquin BCAA's over the course of your strength sessions.

### How Many Meals?

You are now eating the right foods specific to you in the right quantities. You can spread the meals out over 6 meals or 3, it's a personal preference. Most important thing is to not go hungry.